

我真的可以

詞:太誠實姐妹花

曲:Melody Liu

J = 76

D A/C# Bm F#m/A G D/F# Em E/G# A7 D A/C#

This section consists of two staves of musical notation. The top staff features a treble clef, a key signature of one sharp, and a tempo of 76 BPM. The bottom staff features a bass clef. The melody begins with eighth-note patterns in the treble and bass staves. Chords are indicated above the staff: D, A/C#, Bm, F#m/A, G, D/F#, Em, E/G#, and A7. The melody continues with eighth-note patterns.

6 Bm F#m/A G D/F# Em A7 D D Bm

我常常聽到別人聽不到的聲音，我

The lyrics "我常常聽到別人聽不到的聲音，我" are written below the staff. The melody continues with eighth-note patterns, and chords are indicated above the staff: Bm, F#m/A, G, D/F#, Em, A7, and D.

11 D D Em A G Gm

總是害怕有人要傷害我。我說我朋友在外太空你們

The lyrics "總是害怕有人要傷害我。我說我朋友在外太空你們" are written below the staff. The melody continues with eighth-note patterns, and chords are indicated above the staff: D, D, Em, A, G, and Gm.

14 D A/C# Bm A G E E/G# A

說是在哈囉，於是我就築起高牆跟你們的世界說No! What's

The lyrics "說是在哈囉，於是我就築起高牆跟你們的世界說No! What's" are written below the staff. The melody continues with eighth-note patterns, and chords are indicated above the staff: D, A/C#, Bm, A, G, E, E/G#, and A.

17 G Gm A A7 D A7 A7 D

hap-pen-ing? What's hap-pen-ing? 是 基因? 還是壓力? 大家都 說我生病了 生病了,

苦口婆心要我治療。 規律吃藥穩定症狀，接受復健與病共存。 我

21 G D G D Em E A A7

苦口婆心要我治療。 規律吃藥穩定症狀，接受復健與病共存。 我

25 G D G A D G D

可以，我真的可以回到正常的軌跡。 我可以，我真的可以擁有

28 G A D Rap

ppp

健康的自己。 你一定想知道，我如何他助自助到助人，老實說 非常的艱辛，

32

(8) 但我真的可以做到的。謝謝家人支持社會的接納，實證研究精準治療，精神復健讓我可以

36

生活次序重 整，生活技能學 習，工作行為養 成，工作技能強 化，以及社區職能適 應。 我

39

D Bm D D
不再聽到別人聽不到的聲音，我不再害怕有人要傷害我。

42

Em A A7 G D D A/C# Bm A
我說我朋友在地球上你們開心跟我說YA！ 於是

45 G A7 A7 D A7 A7 D G A D

我打開心房跟你們的世界哈囉。大家都說我進步了進步了，滿心歡喜給我祝福。我

49 D D G A D D D

可以，我真的可以擁抱生命的尊嚴。我可以，我真的可以體驗

52 G A D D D G A D

榮耀的快樂。我可以，我真的可以回到正常的軌跡。我

55 D D G A D

可以，我真的可以擁有健康的自己。>